

Challenger Assurance Warranty For Huawei Devices

BUY WITH CONFIDENCE
VALID FROM 22 JUNE - 31 AUGUST 2019
TERMS & CONDITIONS APPLY



Disney star Cameron Boyce suffered from epilepsy: Family



Police say allegations that MRT station checks target Malays are 'baseless, irresponsible'



What To Expect At The Gen.T List 2019 Unveiling In Singapore
SingaporeEater.com

Recommended by Outbrain

PREMIUM

Review

Encyclopaedic information on growing old

PUBLISHED APR 3, 2018, 5:00 AM SGT



Venessa Lee

NON-FICTION

SILVER SHADES OF GREY

By Kanwaljit Soin

World Scientific/ Paperback (\$28) and hardcover (\$48)/292 pages/ Major bookshops

3 stars

Silver Shades Of Grey: Memos for Successful Ageing In The 21st Century is a densely researched tome let down by patchy organisation.

Its author, orthopaedic surgeon Kanwaljit Soin, has assembled an army of facts and figures covering the vast terrain of ageing, including how a person who is 50 may have a fitness age of 35 or 75; or how, contrary to stereotypes, older people may be less afraid of crime than younger people.

One stumbles across such intriguing nuggets amid worthy but unexcitingly written paragraphs describing studies and phenomena related to ageing.

This suggests the book could have done with tighter editing so readers can navigate it more easily.

Take, for instance, the pleasingly homonymic buzzword "whealth", a fusion of wealth and health.

The portmanteau alludes to how secure finances and good health can be mutually reinforcing.

But this potentially interesting point - with implications for those with lower incomes and poor health - is mentioned only in the last paragraph of a chapter blandly titled Age, Wealth And Health, which opens with the bromide, "Why is there concern about population ageing?"



ST VIDEOS

Thrown under a bus? Britain's envoy to Washington Kim Darroch quits over leaked memos

French Senate approves tax on big tech firms, as US opens digital levy probe

Fed's Jerome Powell, in Trump's crosshairs, gets backing from Congress

US appeals court hands win to Trump in emoluments case

Recommended by Outbrain

BRANDED CONTENT

Come Home to McDonald's - 40 Years of Lovin' It



The implications of concepts such as "whealth" deserve to be shaken out and brought into the light, like fusty fabrics with rich colours that are finally uncovered.

Dr Soin mentions her 96-year-old mother who had dementia in a moving paragraph, a personal fact notable for its lack of reappearance in the book.

While Silver Shades Of Grey is to be applauded for its encyclopaedic knowledge about ageing,

perhaps it could have been leavened with other similarly personal accounts, either by its author or by other voices buffeted by the vicissitudes of ageing.



- Share your McDonald's moment and stand to win prizes and vouchers!
- 7 must-try experiences beyond Melbourne's hipster cafes
- 8 fun things to do and 4 countries to see when you visit Düsseldorf
- Catch cherry blossoms in New Zealand this September
- How might urban planning solve Singapore's ageing population?

A version of this article appeared in the print edition of The Straits Times on April 03, 2018, with the headline 'Encyclopaedic information on growing old'. [Print Edition](#) | [Subscribe](#)

TOPICS: [BOOKS](#) [AGEING](#) [DR KANWALJIT SOIN](#)

[Purchase this article for republication.](#)

PREMIUM



PREMIUM
 Poor Ivanka Trump :
 Pity the children of
 privilege

Jul 10, 2019



PREMIUM
 Food Picks: Eunice
 Quek Food
 Correspondent
 recommends

Jul 11, 2019



PREMIUM
 Billionaire inventor
 James Dyson likely paid
 \$73.8m in cash for
 S'pore penthouse

Jul 11, 2019



PREMIUM
 Group of Myanmar
 nationals deported,
 more details surface

Jul 11, 2019

Recommended by outbrain

MORE FROM THE STRAITS TIMES



Chinese tycoon Wang
 Zhenhua arrested for
 suspected child
 molestation: State
 media

Jul 10, 2019



MOM and MOE
 combined, with new
 Ministry of Ageing, can
 help tackle future
 challenges: Report

Jul 11, 2019



North Korean state
 media praises relations
 with China on
 anniversary of
 friendship treaty


Jul 11, 2019




Vatican opens up two
 graves in search for girl
 missing for decades

Jul 11, 2019


FROM AROUND THE WEB




Which telco offers the best SIM-only, no contract plan in Singapore? Updated: 30th May 2019
HardwareZone



Millionaire by 26: Learn Adam Khoo's Stock Investing Secrets
Wealth Academy



[Photos] Wife Reads Out Her Husband's Affair Texts Instead of Her Vows During Ceremony
Coolimba



Shape the future with digital learning
Pearson | Higher Education

Recommended by 

SUBSCRIBE TO
THE STRAITS TIMES



call **6388-3838**
or [click here](#)



Available for
iPhones and iPads



Available in
Google Play

SINGAPORE

WORLD

LIFESTYLE

OPINION

TECH

POLITICS

VIDEOS

FOOD

BUSINESS

GAMES

ASIA

MULTIMEDIA

FORUM

SPORT


BACK TO THE TOP

THE STRAITS TIMES

SPH Digital News / Copyright © 2019 Singapore Press Holdings
Ltd. Co. Regn. No. 198402868E. All rights reserved

- > [Terms & Conditions](#)
- > [Data Protection Policy](#)
- > [Need help? Reach us here.](#)
- > [Advertise with us](#)

FOLLOW ST



This site uses cookies to help us serve you better. By continuing to explore our site, you accept our [use of cookies](#).

✓ Accept

